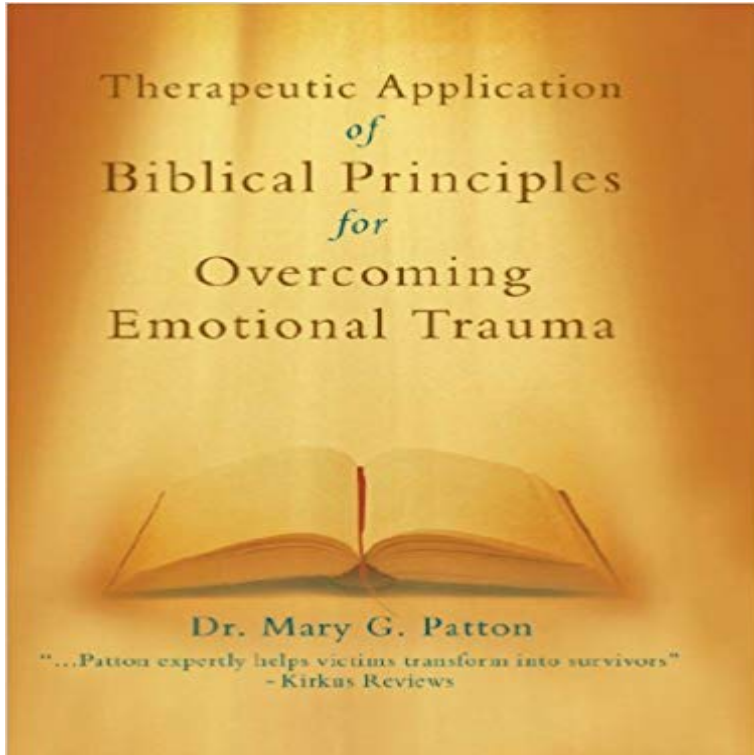


# Therapeutic Application of Biblical Principles for Overcoming Emotional Trauma



Therapeutic Application of Biblical Principles for Overcoming Emotional Trauma offers practical strategies for uncovering and healing the residual effects of past abuse that may be negatively impacting the social, emotional, academic, spiritual, or even financial success of an individual. Abuse tends to be cyclical. The abused will often become the abuser. Emotional trauma contributes to school and workplace bullying. Therapeutic Application of Biblical Principles for overcoming Emotional Trauma is designed to be used in a group setting, but will also be a valuable resource for individuals. The contents of this book are divided into twelve lessons, each of which follows a specific outline of activities designed for active participation in one's personal recovery process. The reader will explore topics such as Identifying and Facing Your Issues, Letting go to Grow, Restoration, and Fortifying Your Spiritual Self. Therapeutic Application of Biblical Principles for Overcoming Emotional Trauma is designed to provide lasting hope, help, healing, and restoration of damaged emotions. It will provide the reader with spiritually inspired tools for living a more peaceful and fulfilled life.

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